



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 35017, Blueberries, wild, frozen (Alaska Native)

Report Date: May 31, 2017 02:23 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	88.70	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Energy	kcal	44	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Energy	kJ	186	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Protein ¹	g	0.70	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Total lipid (fat) ¹	g	0.00	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Ash ¹	g	0.20	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Carbohydrate, by difference	g	10.40	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2004
Minerals													
Calcium, Ca ¹	mg	15	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe ¹	mg	1.10	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Vitamins													
Vitamin C, total ascorbic acid ¹	mg	2.2	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Thiamin ¹													
Riboflavin ¹	mg	0.100	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Niacin ¹													
Vitamin A, IU ¹	IU	163	--	--	--	--	--	--	--	--	Analytical data from the literature, partial documentation	--	04/2004
Lipids													
Amino Acids													
Other													

Sources of Data

¹Elizabeth Nobmann Nutrient Value of Alaska Native Foods, 1993